

SOUTH DAKOTA

HIGH SCHOOL ACTIVITIES ASSOCIATION



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Dr. Daniel Swartos
Executive Director

SPORTS MEDICINE ADVISORY MINUTES

Members- Dr. Verle Valentine, Paul Richter, Tryg Odney, Kristen Whitley, Dr. Thayne Munce, Derek Barrios, Bill Clements, and Josh Haaland

Meeting: March 27, 2025 10:30 AM
Via Zoom

Meeting was called to order by Dan Swartos at 10:30 AM with Dr. Valentine, Richter, Odney, Whitley, Dr. Munce, Barrios, Clements, and Haaland present. Also present was Mary Beth Zwart from South Dakota State University/SDATA/Team Up for Safe Sports. Dan Swartos, Randy Soma, and Kristina Sage were on the call from SDHSAA.

It was moved by Richter, second by Valentine, to approve the agenda as presented. Motion carried unanimously.

Committee members then presented reports, including consideration of topics for recommendations for submission to the Board of Directors for further consideration.

- a. Medical Staff Representatives
 - i. No items noted from Valentine, Munce, Odney, Richter, or Whitley.
- b. Member School Personnel Representatives
 - i. No Items Noted from Barrios, Clements, or Haaland.
- c. SDHSAA Staff Representatives
 - i. **Review of NFHS SMAC Topics:** Swartos is a member of the NFHS SMAC. He noted a few items that the NFHS SMAC will be considering, including wrestling OPC procedures for hydration testing and a potential change in minimum body fat for girls wrestling from 12% to 19%.
 - ii. **NFHS First Aid/CPR Coursework-** Dr. Swartos discussed the the current bi-annual requirement of taking the NFHS First Aid, Health, and Safety course by coaches. In-person training is more effective and would allow schools to complete it at once with all coaches during in-service. The NFHS learn course would still be allowed but in-person training through recognized programs or through local health care systems would be allowed. **Motion by Odney, seconded by Clements, to allow the First Aid, Health, and Safety requirement for coaches to be completed via hands-on, in-person training through the Red Cross, American Heart Association, National Safety**

Council, American Safety and Health Institute, or a hospital/health care system based in-person training program. Schools must send certification paperwork to the SDHSAA so that the coaches education requirement can be noted in the records. Motion carried unanimously.

Mary Beth Zwart from South Dakota State University/SDATA visited with the SMAC regarding the Team Up For Safe Sports (TUFSS) meeting that was held last summer in Sioux Falls. The meeting highlighted some needs across our state, including the need for Emergency Action Plans as well as updated protocols for cold water immersion/whole body cooling in the event of exertional heat stroke and education/use of wet bulb globe thermometers. Mary Beth and members of the SDATA will be presenting at the April SDIAAA conference regarding emergency action plans.

Following discussion, the following proposal was made:

Motion by Valentine, second by Richter, that all schools shall develop and submit the SDHSAA annually, emergency action plans, to include plans regarding the preparation, equipment, and use of Cold Water Immersion/whole body cooling in the event of exertional heat stroke, as well as plans for the use of Wet Bulb Globe Thermometers in decision-making regarding outdoor practices and contests. The SDHSAA, together with the SDHSAA Sports Medicine Advisory Committee and the SDATA will work to provide best practices to schools, and schools should attempt to match those best practices to the largest extent possible. Motion carried unanimously.

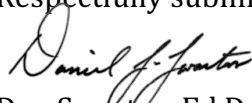
Additional discussion was held regarding a variety of topics, including the frequency of the First Aid, Health, and Safety Course and specific medical issues noted within the sport of wrestling. No further proposals were made.

Proposals-

- **Motion by Odney, seconded by Clements, to allow the First Aid, Health, and Safety requirement for coaches to be completed via hands-on, in-person training through the Red Cross, American Heart Association, National Safety Council, American Safety and Health Institute, or a hospital/health care system based in-person training program. Schools must send certification paperwork to the SDHSAA so that the coaches education requirement can be noted in the records. Motion carried unanimously.**
- **Motion by Dr. Valentine, seconded by Paul Richter, to exempt licensed healthcare providers from the SDHSAA coaches education requirement of taking the NFHS First Aid/CPR course biannually. Motion carried unanimously.**
- **Motion by Valentine, second by Richter, that all schools shall develop and submit the SDHSAA annually, emergency action plans, to include plans regarding the preparation, equipment, and use of Cold Water Immersion/whole body cooling in the event of exertional heat stroke, as well as plans for the use of Wet Bulb Globe Thermometers in decision-making regarding outdoor practices and contests. The SDHSAA, together with the SDHSAA Sports Medicine Advisory Committee and the SDATA will work to provide best practices to schools, and schools should attempt to match those best practices to the largest extent possible. Motion carried unanimously.**

Being no further information before the committee, Swartos declared the meeting adjourned at 12:00 PM.

Respectfully submitted,

A handwritten signature in cursive script, appearing to read "Daniel J. Swartos".

Dan Swartos, Ed.D.

SDHSAA Executive Director